



HERITAGE

Flowers Down The Garden Path

Flowers down the garden path
lift their heads and gently laugh,
Looking to the rising sun
at dawn's new day just begun,
Being washed by gentle rains
and gently moving to the strains
Of the music of the winds,
stems that move and gracefully bend.
Flowers down the garden path
lift their heads and gently laugh.

Elizabeth Dewey



Each May, the Administration for Community Living celebrates Older Americans Month to recognize older Americans for their contributions to the nation. This year, in honor of the 50th anniversary of the Older Americans Act (OAA), we are focusing on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others. The theme for Older Americans Month 2015 is Get into the Act.

Inside

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- 14 Puzzles and more

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A

meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

The theme also reflects on the 50th anniversary of the Older Americans Act. President Lyndon B. Johnson signed the Older Americans Act into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention, and much more.



City Hall Clothing Drive!

The City of Lowell was invited by the Pyne Arts School to help children in need in our community. Please bring all donations to the Mayor's Office. The following items are currently needed:

*Clothing (Newborn through teen sizes, gently used or new items), *Diapers, *New Hygiene Gear (Toothpaste, kids' toothbrushes, etc), *Toys (Must be new and in package)

Your donation helps children and students get the necessities they need to succeed; the drive benefits the two local organizations Catie's Closet and Cradles to Crayons.

Bring all donations by FRIDAY, MAY 8th!

The City of **LOWELL** *Alive. Unique. Inspiring.*

CITY MANAGER

Kevin J. Murphy

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**City Council****Mayor**

Rodney M. Elliott

**Vice Mayor**

John J. Leahy

\*\*\*\*\*

Corey A. Belanger

Edward J. Kennedy Jr.

William F. Martin Jr.

Rita M. Mercier

James L. Milinazzo

Daniel P. Rourke

William J. Samaras

**City of Lowell  
Veterans Services****Director / Agent**Eric Lamarche  
978-674-1595

ELamarche@lowellma.gov

**Head Clerk**Carmen Felix  
978-674-1596

CFelix@lowellma.gov

**Head Clerk**Nancy McGuire  
978-674-1597

NMcGuire@lowellma.gov

**Office Hours:****8:00 A.M. - 4:00 PM.****Monday - Friday**2nd Floor of the Senior  
Center in the administrative  
office area**SENIOR CENTER SERVICES****Main Number: 978-674-1172**

Fax: 978-970-4134

**Executive Director:** Michelle Ramalho  
978-674-1170 ~ mramalho@lowellma.gov

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Receptionist: Tara Donnelly
978-674-1171 ~ tdonnelly@lowellma.gov

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**Events / Trips Coordinator:** Kathy Carroll  
978-674-1169 ~ kcarroll@lowellma.gov  
Monday-Friday 6 am to 2 pm**Volunteer:** Sandra Breen  
978-674-1176 ~ sbreen@lowellma.gov  
Monday-Wednesday 6 am to 1 pm

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Outreach Coordinator: Amy (Medina) Leal
978-674-1167 ~ aleal@lowellma.gov
Monday-Thursday 9 am to 4 pm

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**Volunteer Coordinator:** Audrey McMahon  
978-674-1166 ~ amcmahon@lowell.ma.gov  
Tuesday-Thursday 10 am to 2 pm

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Minority Outreach Coordinator: Linda Hin
978-674-1173 ~ Lhin@lowellma.gov
Monday-Friday Noon to 3 pm

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**Outreach Volunteer:** John R. Lawlor  
978-674-1174 ~ Jlawlor@lowellma.gov  
Monday-Friday ~ Appt.. Hrs. 10 am - 3:40 pm

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S H I N E (Serving Health Insurance Needs for Elders)
Joan Gong 978-674-1172
First come, First served, Mondays — 8:30 to 10:30 am

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**Legal Services Assistance & Referrals**  
For an appointment call 978-458-1465

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Pollard Library 978-674-8634
COA Library Annex 978-970-4186

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**Lowell Senior Center Hours of Operation:**  
Monday—Friday: Open 6:00 am to 4:00 pm  
Lunch served at 11:30 am  
Saturday—Sunday: Open 7:00 am until 12 noon  
Breakfast and Lunch ONLY**COUNCIL ON AGING****BOARD OF DIRECTORS**

Joan Bedford

Eleanor Belanger

Joyce Dastou

Andrew Hostetler

John R. Lawlor

Sidney Liang

Vincenzo Milinazzo

Suellen O'Neill

William Sheehan, Chair

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Next meeting:**Monday, May 11 at 9:00am****FRIENDS of the
Lowell Council on Aging, INC.****BOARD OF DIRECTORS****PRESIDENT**

Dr. Joseph M. Downes Jr.

VICE PRESIDENT

Rita M. Mercier

TREASURER

Jacqueline Denison

SECRETARY

Claire Brodeur

DIRECTORS

Joseph Dussault

Lenny Gendron

Lorraine Mellen

Ray A. Roades

Arthur Toupin

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Office hours vary

Call 978-674-1172

**Next meeting —  
May 29 at 9:30 am**  
Public welcome

# LCOA Trips

The Motor Coach trips from Ayotte Garage are available for all ages 18-101! All Trips must be paid in full one month prior to travel date. LCOA policy: no refunds if you do not purchase insurance. The office is now open from **6:30 a. m. to 2:30 p. m.** Trip flyers available outside of 2nd floor office. Roger's Wednesday trips depart from the Ayotte Garage (no charge) unless noted otherwise.

## DAY TRIPS

**June 10, Wednesday ... Dean Martin & Marilyn Monroe "Some Like It Hot & Some Like It Over Ice!" @ White's of Westport.** Meal choice: Boneless Stuffed Breast of Chicken or Baked Scrod. Cost \$55. Roger's Bus Pick up @ The George Ayotte Garage @ 9:15 am.

**June 18, Thursday ... Newport playhouse & Cabaret Lobsterfest "Kill Joy."** Carol is being driven crazy by her monster of and ex husband, Victor and his new wife, who will try every trick in the book to end Carol's thousand dollars a week alimony. When Carol has an affair with Victor's lawyer, they decide Victor has to die. Cost \$65. Departs @ 9:15 am.

**June 23, Tuesday ... "The Drifters" @ Luciano's Lake Pearl** – Remembering the fabulous Fifties. Cost \$70. Roger's Bus.

**July 21, Tuesday ... Where Were You? Starring Ron Gartner & his band.** The A Rockin' Salute to Bandstand & Motown is a highly entertaining songfest for people who love the hits of the 50's & 60's @ Lantana's function Facility in Randolph, MA. Meal choice: Chicken Marsala or Fresh Baked Scrod. Cost \$70. Roger's Bus

**July 23, Thursday ... "Tails & Tunes" – Double Lobster Bake @ The Coastal House in Wells, Maine** Show Featuring: Don Who? Singer/Comedian/Impersonator Cost \$75. Departs from LCOA 9:15 am

**July 28, Tuesday ... The Spirit of Boston.** Come aboard and enjoy the most entertaining experience in Boston featuring our luncheon Grande Buffet! This two- hour cruise on Boston's historic harbor is perfect for an afternoon getaway and is exclusive to Best of Times Guests Only! Cost \$75. Roger's Bus

**August 11, Tuesday ... Laura Roth: "Public Energy Number One!" @ Venus De Milo.** Meal Choice: Chicken Parmesan or Baked Scrod. Cost \$55.

**August 12, Wednesday ... Foster's with Traditional Maine Lobsterbake.** Featuring Bobby Darling. Enjoy a great day out with what Maine is Best known for, it's lobster, combined with one of the funniest, zaniest shows of the season. Touted as The Northeast's most hilarious musical comedy duo, Bobby Darling and Dr. Devine bring their incredible show to our Best of Times Stage. If you are a fan of the Smother's Brothers you will love this show. Cost \$75. Roger's Bus pick up @ The George Ayotte Garage.

**August 18, Tuesday ... Newport playhouse & Cabaret "Flamingo Court."** Harry in Apt. 304 deals with a gentleman who is battling his greedy daughter at the same time that he gets involved with an aging hooker. When the daughter and the hooker meet the audience laughs up a Newport-worthy hurricane! Cost \$65. Roger's Bus Departs @ 9:15.

**August 26, Wednesday ... Portsmouth & the Gundalow Cruise.** The boats are shallow draft boats that were used to haul freight along the Piscatqua River. The boats have been recreated to provide educational tours. The boats are easily accessible and provide a fun way to learn about our maritime heritage. After the cruise enjoy lunch at the Common Man followed by a visit to Stonewall Kitchen, When Pig's Fly Bread sampling, & a photo op at Bubble Light. Cost \$89. Depart from the Ayotte Garage.

**September 22, Tuesday ... The Beach Boys ultimate tribute show @ The Venus De Milo.** Meal choice: Baked Chicken or Baked Scrod. Cost \$65. Roger's Bus Departs @ 9:15

**October 7, Wednesday ... Newport playhouse & Cabaret "Odd Couple."** Surf & Turf. The guys assemble for cards in the apartment of divorced Oscar Madison. Late to arrive is Felix Unger who has just been separated from his wife. Depressed, Felix seems suicidal, but it soon becomes clear that Oscar is the one with murder on his mind when the clean-freak and the slob decides to room together. Cost \$65. Roger's Bus Departs @ 9:15 from the George Ayotte Garage

**October 21, Wednesday ... Italian Festival @ Danversport Yacht Club.** Featuring: Frank Zarba & Ray Cavilcchio singing the music of Italy into our hearts. Meal choice: Chicken Parmesan Served on Penne Pasta or Baked Scrod. Cost \$65. Roger's Bus @ The George Ayotte Garage @ 9:15

**November 12, Thursday ... Barbara & Frank @ The Venus De Milo.** A sensational tribute to Sinatra and Streisand Meal choice: Stuffed Breast of Chicken or Baked Scrod. Cost \$70. Roger's Bus Departs @ 9:15

**December 1, Tuesday ... A Christmas Carol @ Demetri's.** This new adaptation of Dickens' ever popular classic fills the stage with veteran Broadway actors, lush costumes, stunning sets, music, dance, and a timeless message. With beloved traditional carols of the season included, A Christmas Carol is an enchanting way to begin the holiday festivities. Cost \$70. Departs @ 9:15 am.

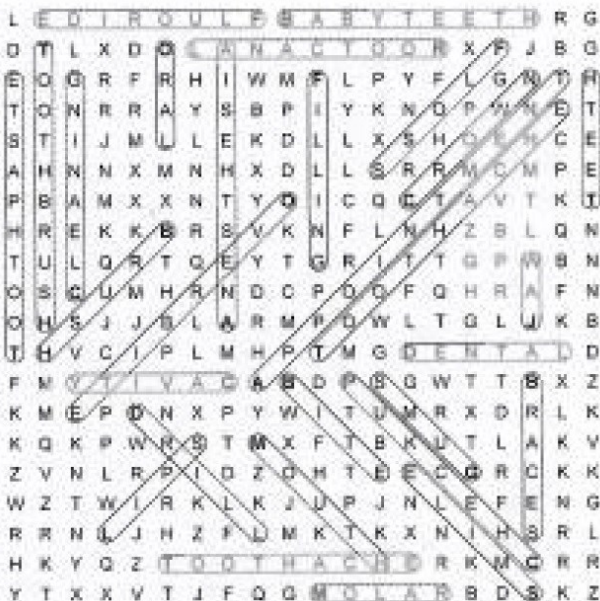
### OVERNIGHT TRIPS

**June 7-13, Sunday—Saturday ... Southern Charm** featuring Historic Charleston in South Carolina, Savannah, Jekyll Island, and St. Simons Island in Georgia, St. Augustine & Jacksonville in Florida. 7 days, 9 meals (6 breakfasts, 3 dinners). Cost includes: round trip air from Logan Intl Airport, taxes, fees, surcharges, hotel transfers. Trip includes guided tour, museums, gardens, & tram ride. Cost \$2,399 dbl, \$2,999 sgl, \$2,369 tpl. Book by December 8, 2014 and save \$100 per person.

**June 15-17, Tuesday—Thursday ... Boothbay Harbor.** Tour features: round trip motor-coach, 2 nights at Fisherman's Wharf Hotel with tax and baggage service, 2 breakfasts, 1 dinner, Cabbage Island clambake, Carousel theater with dinner & entertainment, Shipyard Brewery tour with tasting and Coastal Maine Botanical Gardens. Tye's Top Tour & Travel 1-800-374-6819. Cost \$429 Dbl, \$529 Sgl, \$419 tpl.

**August 5 & 6, Ogunquit Playhouse "Nice Work" If You Can Get It – A New Musical Comedy!!** Laughter, romance and high-stepping Broadway magic bursting with girls, glamour and the glorious songs of Gershwin! The delightful 2012 Tony Award-winning musical comedy hits the stage with Ogunquit favorite funny lady Sally Struthers as the town temperance enforcer set against a gang of bootleggers. It's the Roaring Twenties, the champagne is flowing and the gin is fizzing in this madcap musical filled with a cast of outrageous character who gather in New York City to celebrate the wedding of a wealthy playboy. But things don't go as planned when the playboy meets a beautiful and feisty bootlegger who melts his heart. This fresh and funny song-and-dance spectacular, with a book by Tony winner Joe DiPietro (Memphis) features a treasure trove of George and Ira Gershwin's most beloved songs including "But Not For Me," "Let's Call the Whole Thing Off," "I've Got a Crush on You" and "Someone To Watch Over Me." Prior to show we will feature lunch at the Colony Hotel in Kennebunkport overlooking the bay. Choice of :Steamed Lobster, Lobster Roll, Cold Salad Plate, Baked Haddock or Chicken Parm. After the show we will head south to Portsmouth where we will overnight at the Anchorage Inn. Cost \$299 for Double, Triple \$289, & Single \$359. Depart @ TBD from the George Ayotte Garage. For more information see flyer.

**October 28—November 4, Wednesday—Wednesday ... Irish Splendor** featuring Dublin, Blarney Castle/Stone, Killarney, Cliffs of Moher, and Dromoland Castle. 8 days, 10 meals (6 breakfasts, 4 dinners). Incls: round trip air from Logan Intl Airport, taxes, fees, surcharges, hotel transfers, St. Patrick's Cathedral, Guinness Storehouse, beautiful landscapes, Whiskey Distillery. Cost \$3,149 dbl, \$3,549 sgl, \$3,119 tpl. Book by April 28, 2015 and save \$250 per person. **Passport required.**



**Puzzle page 14**

### **Get the Food You Need to Stay Healthy Apply for SNAP/Food Stamps**

Project Bread's FoodSource Hotline offers free, confidential screenings for SNAP/Food Stamp eligibility as well as assistance completing the application over the phone.

Counselors are also available to help current recipients to Ensure they are receiving the maximum benefits.

**Call Today! 1-800-645-8333**

**Seniors should press 2 for the dedicated Senior Line  
Monday-Friday 8am-7pm & Saturday 10am-2pm**





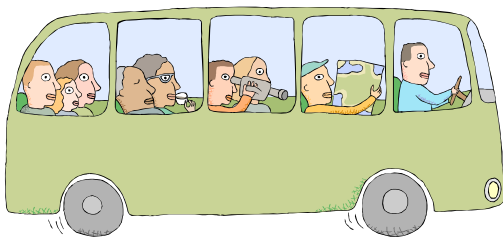
## NEW MASSACHUSETTS MOTOR VEHICLE LIGHT LAW BEGAN APRIL 7

On April 5th, the MassDOT Registry of Motor Vehicles and Highway Divisions, along with the Massachusetts State Police, advised motorists of a new law that took effect on April 7 requiring the use of headlights and taillights on motor vehicles during inclement weather and when windshield wipers are in use. The law is intended to increase safety and visibility of vehicles on the Commonwealth's roadway.

The changes to Mass General Law Chapter 85, Section 15, signed into law in January, require that front and rear motor vehicle lights be activated in all of the following conditions:

- ♦ When windshield wipers are on
- ♦ When low light or weather conditions prevent other vehicles or persons from being seen at 500 feet
- ♦ From ½ hour after sunset to ½ hour before sunrise

Relying on daytime running lights for these conditions is not sufficient under the law. A violation of this law is considered a surchargeable minor motor vehicle traffic law violation for insurance purposes. For more information on the Safe Driver Insurance Plan and insurance surcharge information, please visit the RMV's Merit Rating Board.



### May tickets on sale May 1st

Tuesday ... 5th ... Café Luigi's, Bedford MA  
 Monday ... 11th ... Wrentham Mall, MA  
 Monday ... 18th ... Christmas Tree shop in Salem NH  
 and the 99 restaurant  
 Tuesday ... 26th ... Kimball's Farm (FREE ride), MA  
 Friday ... 29th ... Quincy Market, Boston MA

Limit (4) four tickets per person per trip! No employee or volunteer of the Senior Center is able to purchase tickets on behalf of a Senior Center member.

### Roger's \$5.00 Trips

*Ages 60 to 101.*

Bus leaves @ 9:15 am from the Senior Center.

The bus is Handicapped Accessible.

SCHEDULE IS SUBJECT TO CHANGE.

### June tickets on sale June 1st

Friday ... 5th ... Quincy Market, Boston MA  
 Monday ... 8th ... Hampton Beach, NH  
 Tuesday ... 16th ... Markey's Restaurant and  
 Tom's Discount, NH  
 Monday ... 22nd ... Old Orchard Beach, ME  
 Thursday ... 25th ... Newburyport, MA

If you arrive prior to 8 am on date of ticket sales, please make sure to sign your name on the numbered list on Tara's door. Tara will arrive at 8 am and give you your number & the list will be removed from the door & numbers will be distributed upon your arrival.

## Doctor's, Nurse's & MORE

Blood Pressure & weight check:

**Circle Home, Inc. (LVNA)**

2nd Tuesday ... 8:00—10:00 am

3rd Tuesday ... 10:00 am—12:30 pm

**Albert Gauthier RN**

Wednesdays ... 9:30—11:30 am

**Commonwealth Nursing**

1st & 4th Tuesdays ... 10:00 am—12:00 pm

**Dr. Gregory McNamara—Killer Feet**

—1st Friday of every month

ONLY IF 5 or more people sign-up before the 1st Friday of that month.

1st come 1st served. 8-10 am

**Dr. George Potamitis from Pro-Rehab**

—Question and Answer sessions every Wednesday from

10:00—11:00 am

**Affordable Hearing with Christopher Streeter**

—Hearing Testing, Hearing Instrument Testing.

4th Wednesday of each Month from 9:00-11:00 am in Board Room. Please call 978-674-1172 for appointment.

**Diabetic Shoes with Steven Carrucci**

2nd Tuesday of each month, please call 1-978-758-5378.

## Take these items out of your wallet - NOW...

It's a scenario that unsettles most people. The loss or theft of your wallet or purse can be stressful. To reduce the headache, carry only what you need and remove these items from your wallet or purse pronto:

Social Security Card (or anything with your SSN on it): Identity theft springing from a stolen Social Security card is among the most common way people become victims. Unlike a credit or debit card, you can't simply cancel your Social Security card and change the number. With this information, a criminal can open new accounts in your name, work under your name or create a new driver's license or state ID.

Birth Certificate: Possibly the only things more damaging than losing a Social Security card is the loss of a birth certificate. A birth certificate can get you a replacement Social Security card, a passport, a driver's license and many other forms of identification.



Account and Routing Numbers: In the wrong hands these numbers can be used by a thief to clean you out, overdraw your account and leave you stuck with the financial loss.

Password Cheat Sheet: Don't sigh, we get it. In today's society we all have several passwords for our various accounts-probably more than we can remember. Writing them all down is a great trick-just don't keep that piece of paper in your wallet!

Passport: Because it is government issued, your passport can be used to acquire a new Social Security card, driver's license or state ID, loan or credit account.

Also, make copies of the front and back of the IDs, credit cards, library card, doctor's cards, prescription list, etc. in your wallet so that if it does get lost or stolen—you have the account numbers and telephone numbers to call and cancel or request a new one.

## Getting Fit & Staying Fit



with Marian Silk

Mondays and Thursdays:

9:00 - 9:55 am

Wednesdays: 8:30 - 9:25 am

\$2.00 per class

*(I like to end 5 minutes early so we are out the door in one hour!)*

## YOGA

with Diana Kyricos

Mondays & Wednesdays 10-11 am

\$5.00 per class

Benefits? Helps with arthritis, flexibility, strength, mobility, range of motion, pain, high blood pressure, breathing, circulation, & stress!

Atma Yoga 978-250-0441

[www.atmamoves.com](http://www.atmamoves.com)

[Diana@atmamoves.com](mailto:Diana@atmamoves.com)



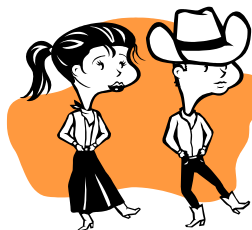
**Mah-Jong**

Mondays

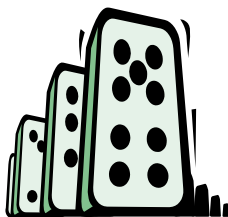
12:00—3:00 pm

**Country Line Dancing**

with Marcella Groulx

Tuesdays  
10:00 am—  
12:00 pm

\$5.00

**Dominoes**with Charlotte  
LandryTuesdays  
9:00—11:00 am**Hawaiian Hula Dance Lessons**

with Kim Stevens

Mondays  
10:00 amGood for joints  
And FUN!**Community & Family Counseling Services**  
**Parenting Groups**

CFCS will be facilitating a number of parenting groups during April through June. These groups will be six weeks in length. Groups will focus on education and improving parenting skills.

**PARENTS OF CHILDREN  
AGES 5 – 12—GROUPS WILL BE  
HELD MONDAY'S AT 1 PM  
STARTING 4/27/15**

**PARENTS OF TEENS  
AGES 13 – 19—GROUPS WILL  
BE THURSDAY'S AT 11 AM  
STARTING ON 4/30/15**



To schedule a time for an intake for the group please call 978-458- 6282.

For more information please contact the Clinical Director,  
Brian Maxfield, LICSW at [bmaxfield@mhalowell.org](mailto:bmaxfield@mhalowell.org)

Community & Family Counseling is a program of:

The Mental Health Association of Greater Lowell  
99 Church Street, Lowell, MA 01852  
978-458-6282

[www.mhalowell.org](http://www.mhalowell.org)

A proud partner of the United Way of Massachusetts Bay and  
Merrimack Valley

**Quilting  
Lessons**Newcomers'  
welcome!Wednesdays  
12:30—3:00 pm**TAI CHI**

**Tuesdays 10:15 am & Fridays 10:00 am  
8 weeks for \$24 or walk-ins \$5 per class**

Helps with: Arthritis, strengthening the  
Immune system, High Blood Pressure, and  
Osteoporosis! Acupressure Points also  
taught: for headaches, stress, upset stomach  
& more!

**Knitting  
&  
Crochet  
Group**Tuesdays  
12:00—3:00 pmNewcomers'  
welcome!





## "You Give Us the Call...We'll Give You the Answer."

The fundamental principle of the SAVE program is to advocate for veterans who are not able to obtain the benefits they have earned due to institutional or personal barriers. The program's primary mission is prevention of suicide and mental health distress through the identification of issues facing veterans when they return from service and proactively providing them with access to benefits and services that may address these issues and result in positive transitions back to civilian life.

SAVE acts as a liaison between veterans and their families and the various agencies within the federal and state governments. The SAVE team works closely, and in collaboration, with the Massachusetts National Guard. Resources offered by the Massachusetts National Guard and their Family Readiness Program are available to all service members and their families, regardless of the branch in which they serve. Contact Office: SAVE Team. Department of Veterans' Service 600 Washington St., 7th Floor Boston, MA 02111 617-210-5743 Toll-free: 1-888-844-2838 [save@massmail.state.ma.us](mailto:save@massmail.state.ma.us)



### May is National Military Appreciation Month

In May, the United States recognizes National Military Appreciation Month designated to recognize and appreciate past and present members of the United States armed services. Memorial Day is also celebrated in May, as a day of tribute for the men and women who died while in military service.

### Benefits Check-up

If you are a subscriber of Federal Employees Health Benefits Program (FEHBP) new benefit program details have recently been updated, and are now available and if you are a subscriber to Employee Dental and Vision Insurance Program (FEDVIP) the benefit their program details have also have been updated, and are also now available.

If you have questions or problems this service is provided to you at no charge by Benefits.gov and additional information and help is available at the Lowell Senior Center. Please contact John Lawlor at 978-674-1174 to make an appointment

## Card Making Class

First come, first served basis.  
RSVP to reserve your spot.  
Please see Tara.

Wednesday, May 20  
9:30 am



## YOGA for VETs

with Diana Kyricos  
Wednesdays  
11:00 am—12:00 pm \$5.00

It is a chair yoga class in which we cover meditation and movements for posture, flexibility, coordination, and strengthening of the whole body.

## B - I - N - G - O

Wednesdays

12:00—3:00 pm

50¢ per card

6 \$100 games

10 \$40 games

Prize amounts  
vary due to  
attendance.

PLUS additional  
prizes!





## "OLD WORDS AND PHRASES REMIND US OF THE WAY WE 'WORD'"

By: Richard Lederer

(An American author, speaker and teacher. He is best known for his books on English language and on word play, such as puns, oxymoron, and anagrams)

About a month ago, I illuminated old expressions that have become obsolete because of the inexorable march of technology. These phrases included: don't touch that dial, carbon copy, you sound like a broken record and hung out to dry. A bevy of readers have asked me to shine light on more faded words and expressions, and I am happy to oblige: Back in the olden days we had a lot of moxie. We'd put on our best bib and tucker and straighten up and fly right. Hubba-hubba!

We'd cut a rug in some juke joint and then go necking and petting and smooching and spooning and billing and cooing and pitching woo in hot rods and jalopies in some passion pit or lovers' lane. Heavens to Betsy! Gee whillikers! Jumpin' Jehoshaphat! Holy Moley! We were in like Flynn and living the life of Riley, and even a regular guy couldn't accuse us of being a knucklehead, a nincompoop or a pill....not for all the tea in China!

Back in the olden days, life used to be swell, but when's the last time anything was swell? Swell has gone the way of beehives, pageboys and the D.A.; of spats, knickers, fedoras, poodle skirts, saddle shoes and pedal pushers. Oh, my aching back. Kilroy was here, but he isn't anymore. Like Washington Irving's Rip Van Winkle and Kurt Vonnegut's Billy Pilgrim, we have become unstuck in time. We wake up from what surely has been just a short nap, and before we can say, "I'll be a monkey's uncle!" or "This is a fine kettle of fish!" we discover that the words we grew up with, the words that seemed omnipresent as oxygen, have vanished with scarcely a notice from our tongues and our pens and our keyboards. Poof, poof, poof go the words of our youth, the words we've left behind.

We blink, and they're gone, evanesced from the landscape and wordscape of our perception, like Mickey Mouse wrist watches, hula hoops, skate keys, candy cigarettes, little wax bottles of colored sugar water and an organ grinder's monkey. Where have all those phrases gone? Long time passing. Where have all those phrases gone? Long time ago: Pshaw. The milkman did it. Think about the starving Armenians. Bigger than a bread box. Banned in Boston. The very idea!

It's your nickel. Don't forget to pull the chain. Knee high to a grasshopper. Turn-of-the-century. Iron curtain. Domino theory. Fail safe. Civil defense. Fiddlesticks! You look like the wreck of the Hesperus. Cooties. Going like sixty. I'll see you in the funny papers. Don't take any wooden nickels. Heavens to Murgatroyd! And awa-a-ay we go! Oh, my stars and garters! It turns out there are more of these lost words and expressions than Carter had liver pills. This can be disturbing stuff, this winking out of the words of our youth, these words that lodge in our heart's deep core. But just as one never steps into the same river twice, one cannot step into the same language twice.

Even as one enters, words are swept downstream into the past, forever making a different river.

We of a certain age have been blessed to live in changeful times. For a child each new word is like a shiny toy, a toy that has no age. We at the other end of the chronological arc have the advantage of remembering there are words that once did not exist and there were words that once strutted their hour upon the earthly stage and now are heard no more, except in our collective memory. It's one of the greatest advantages of aging. We can have archaic and eat it, too.

words words words  
Words Words  
Words Words  
Words Words

## Anxiety Support Group

with Steve Coupe

Fridays  
2:00—3:45 pm




## Fallon Senior Plan Meeting

Monday, May 11  
at 10:00 am

Aging into Medicare? Qualify for a special election period? A Fallon Senior Plan representative will be at the Lowell Senior Center to discuss the Fallon Senior Plan options for 2014. Please stop by to learn more about one of your Medicare Options.



| MONDAY                                                                                                                                                                                                                                                                                                                                                       | TUESDAY                                                                                                                                                                                                                                                                                                                                                  | WEDNESDAY                                                                                                                                                                                                                                                                                                 | THURSDAY                                                                                                                                                                                                                           | FRIDAY                                                                                                                                                                                                                                                                                                                                                                     |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>2015 Elder Law Education Program</b><br><br><b>Taking Control of Your Future: A Legal Checkup</b><br><br>Date to Be Determined<br>Please call 978-674-1172 for more information on the scheduled date and time of this seminar.                                                                                                                           | <h1>May</h1>                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                    | 1.<br>7-9 Breakfast Program 50¢<br>8:00 Foot Doctor McNamara<br>9:30 Computer Assistance<br>10:00 Tai Chi (see ad)<br>11:30-3:45 Poker<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br><b>1-3 Senior Social \$1.00 Sponsored by Arthur Toupin</b><br>2-3:45 Anxiety Support Group with Steve Coupe                                                                     |
|                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                    | 8.<br>7-9 Breakfast Program 50¢<br>9:00 Veterans Breakfast—Ladies Aux Post 662 & Rudy Boehm on Harmonica<br>9:30 Computer Assistance<br>10:00 Tai Chi (see ad)<br>11:30-3:45 Poker<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br><b>1-3 Ice Cream Social sponsored by Northwood &amp; music by DJ David Garnick</b><br>2-3:45 Anxiety Support Group with Steve Coupe |
|                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                    | 15.<br>7-9 Breakfast Program 50¢<br>9:30 Computer Assistance<br>10:00 Tai Chi (see ad)<br><b>10-3 Older Americans Month Dinner Dance, Pork Pie—DJ Ray Tremblay</b><br>11:30-3:45 Poker<br>11:45 Wii Games<br>2-3:45 Anxiety Support Group with Steve Coupe                                                                                                                 |
| 4.<br>7-9 Breakfast Program 50¢<br>8:30-10:30- SHINE councilor: walk-in: 1st come 1st served<br>8:30 CTI Bone Builders<br>9:00 Getting Fit w/Marian \$2<br>10:00 Hula Dancing w/ Kim<br>10-11 Yoga for Seniors \$5<br>11:30 Lunch (see menu) \$2<br>12-3:45 Bid Whist Cards<br>12-4pm MAH-JONG<br>1:00 Choral Group Rehearsal<br>1:45-2:45 CTI Bone Builders | 5.<br>7-9 Breakfast Program 50¢<br>9-11:30 Dominoes<br>10-12 LPD drop-in<br>10:15-11 Tai Chi (see ad)<br>10-12 Commonwealth Nursing<br>10-12 Country Line Dancing<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>12:- Cribbage<br>12 Movie: Cirque du Soleil<br>12-3 Knitting & Crochet                                                             | 6.<br>7-9 Breakfast Program 50¢<br>8:30 Getting Fit w/Marian \$2<br>8:30 CTI Bone Builders<br>9:30-11:30 Blood Pressure with Albert Gauthier, RNBP<br>10-12 Tufts Info Table<br>10-11 Yoga for Seniors \$5<br>11:15-12 Yoga for Vets \$5<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo<br>1:30-3:30 Quilting | 7.<br>7-9 Breakfast Program 50¢<br>9:00 Getting Fit w/Marian \$2<br>10:00 AA Info meeting<br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45-2:45 CTI Bone Builders                                              |                                                                                                                                                                                                                                                                                                                                                                            |
|                                                                                                                                                                                                                                                                                                                                                              | 12.<br>7-9 Breakfast Program 50¢<br>8-10 LVNA Blood Pressure<br>8:00 CTI MEETING<br>9-11:30 Dominoes<br>10-12 LPD drop-in<br>10-12 Country Line Dancing<br>10:15-11 Tai Chi (see ad)<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>12-Cribbage<br>12 noon movie:<br>12-3 Knitting & Crochet                                                        | 13.<br>7-9 Breakfast Program 50¢<br>8:30 Getting Fit w/Marian \$2<br>8:30 CTI Bone Builders<br>9:30-11:30 Blood Pressure with Albert Gauthier, RNBP<br>10-11 Yoga for Seniors \$5<br>11:15-12 Yoga for Vets \$5<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo<br>1:30-3:30 Quilting                          | 14.<br>7-9 Breakfast Program 50¢<br>9:00 Getting Fit w/Marian \$2<br>10:00 AA Info meeting<br><b>10:156 Petra Home Care info table</b><br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45-2:45 CTI Bone Builders |                                                                                                                                                                                                                                                                                                                                                                            |
|                                                                                                                                                                                                                                                                                                                                                              | 11.<br>7-9 Breakfast Program 50¢<br>8:30-10:30-SHINE councilor: walk-in: 1st come 1st served<br>8:30 CTI Bone Builders<br>9:00 COA board meeting<br>9:00 Getting Fit w/Marian \$2<br>10:00 Fallon Senior Plan mtg<br>10:00 Hula Dancing w/ Kim<br>10-11 Yoga for Seniors \$5<br>11:30 Lunch (see menu) \$2<br>12-3:45 Bid Whist Cards<br>12-4pm MAH-JONG |                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                            |

|                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                        |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1:00 Choral Group Rehearsal<br>1:45-2:45 CTI Bone Builders                                                                                                                                                                                                                                                                                                                                | 1-3—Picture IDs \$3                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                        |
| 18.<br>7-9 Breakfast Program 50¢<br>8:30-10:30-SHINE councilor:<br>walk-in: 1st come 1st served<br>8:30 CTI Bone Builders<br>9:00 Getting Fit w/Marian \$2<br>10 Hula Dancing w/ Kim<br>10-11 Yoga for Seniors \$5<br><b>10:00 Abba Home Care</b><br>11:30 Lunch (see menu) \$2<br>12-3:45 Bid Whist Cards<br>12-4 MAH-JONG<br>1:00 Choral Group Rehearsal<br>1:45-2:45 CTI Bone Builders | 19.<br>7-9 Breakfast Program 50¢<br>Lifeline Screening<br>9-11:30 Dominoes<br>10-12 LPD drop-in<br>10-12:30 LVNA Blood Pressure<br>10-12 Country Line Dancing<br>10:15-11 Tai Chi (see ad)<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>12- Cribbage<br>12-3 Knitting & Crochet                                    | 20.<br>7-9 Breakfast Program 50¢<br>8:30 Getting Fit w/Marian \$2<br>8:30 CTI Bone Builders<br>9:30-11:30 Blood Pressure<br>with Albert Gauthier, RNBP<br>10-11 Yoga for Seniors \$5<br>11:15-12 Yoga for Vets \$5<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo<br>1:30-3:30 Quilting                                          | 21.<br>7-9 Breakfast Program 50¢<br>9:00 Getting Fit w/Marian \$2<br>10:00 AA Info meeting<br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45-2:45 CTI Bone Builders | 22.<br>7-9 Breakfast Program 50¢<br>9:30 Computer Assistance<br>9:30 Friends meeting<br>10:00 Tai Chi (see ad)<br>11:30 Lunch (see menu) \$2<br>11:30-3:45 Poker<br>11:45 Wii Games<br>NO Senior Social<br>2-3:45 Anxiety Support<br>Group with Steve Coupe                                                            |
| 25.<br>CLOSED<br><b>Let's remember<br/>our heroes.</b><br><br>By Emily Ames                                                                                                                                                                                                                           | 26.<br>7-9 Breakfast Program with a<br>suggested 50¢ donation<br>9-11:30 Dominoes<br>10-12 LPD drop-in<br>10-12 Commonwealth Nursing<br>10-12 Country Line Dancing<br>10:15-11 Tai Chi (see ad)<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>12 NOON Brown Bag Pick Up<br>Noon Cribbage<br>12-3 Knitting & Crochet | 27.<br>7-9 Breakfast Program 50¢<br>8:30 Getting Fit w/Marian \$2<br>8:30 CTI Bone Builders<br><b>9-11 Hearing Test &amp; Repair</b><br>9:30-11:30 Blood Pressure<br>with Albert Gauthier, RNBP<br>10-11 Yoga for Seniors \$5<br>11:15-12 Yoga for Vets \$5<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo<br>1:30-3:30 Quilting | 28.<br>7-9 Breakfast Program 50¢<br>9:00 Getting Fit w/Marian \$2<br>10:00 AA Info meeting<br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45-2:45 CTI Bone Builders | 29.<br>7-9 Breakfast Program 50¢<br>9:30 Computer Assistance<br>9:30 Friends meeting<br>10:00 Tai Chi (see ad)<br>11:30 Lunch (see menu) \$2<br>11:30-3:45 Poker<br>11:45 Wii Games<br><b>1-3 Senior Social BBQ<br/>sponsored by Lowell<br/>Firefighters Union</b><br>2-3:45 Anxiety Support<br>Group with Steve Coupe |

# SPONSORS



# May Lunch Menu



**Lunch is served at 11:30 am. A donation of \$2.00. Menu subject to change.**

Lunch Tickets are available daily until 10:30 am. Seniors that arrive later must pay cash and will follow ticket holders.

Funding for our meal program is made possible by: EOEA, Merrimack Valley Nutrition, & City of Lowell.

| Sunday                                                                                | Monday                                                                              | Tuesday                                                                                                                                                                                                                                                                                                                                                                | Wednesday                                                                                             | Thursday                                                                        | Friday                                                                                     | Saturday                                                                           |
|---------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
|                                                                                       |                                                                                     |                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                       |                                                                                 | 1. Crunchy Fish, roasted potatoes, spinach, wheat bread, apple                             | 2. Shepherd's Pie, beets, rye bread, orange juice, fresh fruit                     |
| 3. BBQ Chicken Legs, baked potatoes, vegetables wheat bread, butterscotch pudding     | 4. Chicken Cacciatore , rice, mixed vegetables, 5 grain bread, apricots             | 5. Beef BBQ Ribs, carrots, baked potatoes, rye bread, orange juice, pears                                                                                                                                                                                                                                                                                              | 6. Roast Pork, applesauce, mashed potatoes/ gravy, peas, wheat bread, peaches                         | 7. Stuffed Peppers, corn, multigrain bread, orange juice, tapioca pudding       | 8. Stuffed Shells, spinach, garlic bread, orange juice, bananas                            | 9. Low salt Frank & Beans, vegetables, coleslaw, hot dog rolls, mixed fruit        |
| 10. <b>Happy Mother's Day!</b><br>Free Lunch: Meatloaf w/gravy & more                 | 11. Baked Chicken legs, baked potatoes, wheat bread, Calif. Blend veggies, apricots | 12. Spaghetti & Meatballs, salad, garlic sticks, orange juice, apples                                                                                                                                                                                                                                                                                                  | 13. Veal Parmesan,, sauce, pasta, green beans, multigrain bread, pears                                | 14. Pot Roast, gravy, Red Bliss potatoes, carrots, , wheat bread, tapioca       | 15. DINNER DANCE Pork Pie                                                                  | 16. Stuffed Cabbage, Calif. Blend veggies, rye bread, orange juice, pears          |
| 17. No Lunch<br><br>Friends of COA<br>Talent show 2-4 pm                              | 18. Mac & Cheese, stewed tomatoes, broccoli, 7 grain bread, water melon             | 19. Liver & Onions, mashed potatoes, spinach, 7 grain bread, orange juice, chocolate pudding                                                                                                                                                                                                                                                                           | 20. Meatloaf, mashed potatoes, gravy, carrots, 7 grain bread, oranges                                 | 21. Roast Turkey, gravy, stuffing, peas, squash, wheat bread, apples            | 22. Fish Squares w/ cheese, low salt potato chips, hamburger rolls, orange juice, apricots | 23. Hamburger Pattie w/onions & peppers, steak fries, rolls, orange juice, sherbet |
| 24. Roast Beef w/ gravy, mashed potatoes, Winter Blend vegetables, rye bread, sherbet | 25. CLOSED<br><br>Memorial Day                                                      | 26. Pork Chops, mashed potatoes, corn, multi grain bread, orange juice, pineapples                                                                                                                                                                                                                                                                                     | 27. Sweet 'n Sour, Meatballs, white rice, Winter Blend vegetables, wheat bread, orange juice, peaches | 28. Chicken ala King, rice, mixed vegetables, wheat bread, orange juice, apples | 29. Alaska Pollock, mashed potatoes, spinach, rye bread, orange juice, fruit salad         | 30. Cheese Lasagna w/sauce, salad, rye bread, orange juice, apricots               |
| 31. Chicken Filet, au-gratin potatoes, roasted carrots, wheat bread, apple            |                                                                                     | The Brown Bag program is in need of volunteers. The fourth (4th) Tuesday of every month, the Brown Bag program takes place in the Dining Hall from 11:00 am to 3:00 pm and volunteers are needed to bag groceries and to help seniors bring bags to their cars. If you have free time, please call Charlotte at 978-674-1166 (Wednesdays & Fridays 8:00 am till noon). |                                                                                                       |                                                                                 |                                                                                            |                                                                                    |

## Free Transportation to Center

Seven days a week pick-up and drop off (Except Holidays) to the Senior Center to do errands in the area and have lunch. You **MUST** call before 9:00 a.m. the day of your ride. Departure is after lunch (appr. 12:30 pm-1:30 pm); except Saturday and Sundays which is at 12:15 pm.

## Grocery Trips to Market Basket

Tuesdays and Fridays (2-bag limit). Call 978-674-1172 within 48 hours before your requested day. Call Monday through Friday from 9:00 am to 3:00 pm to schedule your ride. Seniors are eligible if you do not have a vehicle and are 60 or older.



# Broadway Follies



May 17, 2015  
from 2:00—4:00 pm

A Comedy, Dancing, & Singing Talent show to benefit  
the Friends of the Lowell Council on Aging

Directed by Nancy Rudolph

At the  
Lowell Senior Center  
276 Broadway St,  
Lowell MA 01852

\$10.00 per person

Contact Tara or Claire for Tickets at  
978-674-1172

Including:  
The COA Chorus

Kim Stevens & Rudy Boehm Hula Dance

Ray Breault Spoons & Tap

O'Shea-Chaplin Step

Dancers  
& more!

Pizza, chips & beverage  
available.



## Tufts Medicare Preferred Information Table

Wednesday, May 6  
10:00 am to 12:00 noon

Are you a current member looking  
to check on your benefits? OR are  
you looking for new plan choices?

Ask Gerald!

## Personal Computer/ Tablet Assistance

with Pierre & Don

Fridays 9:30—11:30 am

Virus Clean-up on the last Friday  
of the Month by appointment



## CTI Bone Builders Class

Learn how to strengthen your  
muscles, maintain or increase bone  
density, improve your balance,  
build confidence, prevent falls,  
nutrition & lifestyle changes, &  
make new friends!

OPENINGS AVAILABLE!

See Calendar for dates & times

Call 978-674-1172 to register

\*Doctor's approval REQUIRED\*

# PUZZLES & MORE...



tuesday afternoon at the movies

5 may 2015

12:00 p.m

senior center grand hall

free snacks

## MARCH CALENDAR WINNERS

|      |          |                            |
|------|----------|----------------------------|
| 3/1  | \$50.00  | Joan Parent                |
| 3/2  | \$50.00  | Michael Pigeon             |
| 3/2  | \$50.00  | Judith Pigeon              |
| 3/4  | \$75.00  | Lorraine Daigle            |
| 3/5  | \$50.00  | Kenneth Hopkins            |
| 3/6  | \$100.00 | John Douglas               |
| 3/7  | \$50.00  | Pauline Cloutier           |
| 3/8  | \$50.00  | Mary Ann Kuenzler          |
| 3/9  | \$50.00  | Deloris Machado            |
| 3/10 | \$50.00  | Marion Psomas              |
| 3/11 | \$75.00  | Barbara Michaud            |
| 3/12 | \$50.00  | Pauline Perillo            |
| 3/13 | \$100.00 | Jackie Vigeant             |
| 3/14 | \$50.00  | Bill Marshall              |
| 3/15 | \$50.00  | Dorothy Bergeron           |
| 3/16 | \$50.00  | Marcia Crowley             |
| 3/17 | \$200.00 | Thomas Chandler            |
| 3/18 | \$50.00  | James Dolson               |
| 3/19 | \$50.00  | Peter Manning              |
| 3/20 | \$100.00 | Peter Manning              |
| 3/21 | \$50.00  | Claire Roux                |
| 3/22 | \$50.00  | Judy Helm                  |
| 3/23 | \$50.00  | Walker Rogers<br>Post #662 |
| 3/24 | \$50.00  | Barbara Michaud            |
| 3/25 | \$75.00  | Ann Desjardins             |
| 3/26 | \$50.00  | Helen Picanso              |
| 3/27 | \$100.00 | Carl Parent                |
| 3/28 | \$50.00  | Chester Briggs             |
| 3/29 | \$50.00  | Barbara Bows               |
| 3/30 | \$50.00  | Norman Leduc               |
| 3/31 | \$50.00  | Mark Proulx                |

## Dentist

Find the words in this grid. Words can go horizontal, vertical and diagonal.

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L E D I R O U L F B A B Y T E E T H R G
D T L X D O L A N A C T O O R X F J B G
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|-------------|----------|------------|------------|
| ANESTHESIA  | CLEANING | JAW        | TEETH      |
| APPOINTMENT | CROWN    | LIPS       | TOOTHACHE  |
| BABY TEETH  | DENTAL   | MOLAR      | TOOTHACHE  |
| BITE        | DRILL    | MOUTH      | TOOTHBRUSH |
| BRACES      | FILLING  | ORAL       | TOOTHPASTE |
| BRUSH       | FLOSS    | OVERBITE   |            |
| CAVITY      | FLUORIDE | ROOT CANAL |            |
| CHECKUP     | GUMS     | SMILE      |            |

**Answers page 4**

## Consumers Should Be Aware of Dual Agency in Real Estate Transactions

With spring around the corner and the housing market revving up with new listings, the Office of Consumer Affairs and Business Regulation offers tips and advice to consumers buying or selling homes using dual agents.

Dual agency arises when a real estate broker or salesperson represents the buyer and the seller in the same real estate transaction. In Massachusetts dual agency is permitted with the requirement that the broker or sales person provides a full disclosure and written informed consent of the dual agency to both the buyer and the seller. Further, a dual agent is required to maintain the duty of confidentiality of material information provided by the seller and the buyer.

It is important to understand the various roles of the different agents when selecting a real estate broker or sales person to ensure the needs of your individual situation are met.

A seller's agent specifically owes the seller undivided loyalty, confidentiality, accountability, and must put the seller's interests first when negotiating for the best price and terms of a sale. A buyer's agent must obey the buyer's instructions, keeping confidential anything the buyer tells the broker that may affect the potential purchase of the property, and putting the buyer's interests first when negotiating for the best price and terms of a sale.



A dual agent is neutral regarding conflicting interests of the seller and buyer. The agent must disclose the dual agency to both parties and how that agent's representation affects both parties. As a result, the dual agent will not put the interests of either party first, but rather assist in finding the best outcome for both the buyer and seller.

Home buyers or sellers using a dual agent may lose some of the protections provided in a typical seller- or buyer-agent relationship. Buyers and sellers should know and understand the roles and responsibilities of each of the different types of agents before deciding to sign with one.



**Thank you to the VITA Tax Program Volunteers!**

More information on the laws and regulations governing real estate brokers and salespersons can be found on the website of the Board of Registration of Real Estate Brokers and Salespersons. The Board is overseen and supported by the Division of Professional Licensure. Consumers are encouraged to check a license for disciplinary history or other actions.

The Office of Consumer Affairs and Business Regulation is committed to protecting consumers through consumer advocacy and education, and also works to ensure that the businesses its agencies regulate treat all Massachusetts consumers fairly. Call (617) 973-8787 or toll-free in MA at (888) 283-3757 or email [consumeraffairs@state.ma.us](mailto:consumeraffairs@state.ma.us)



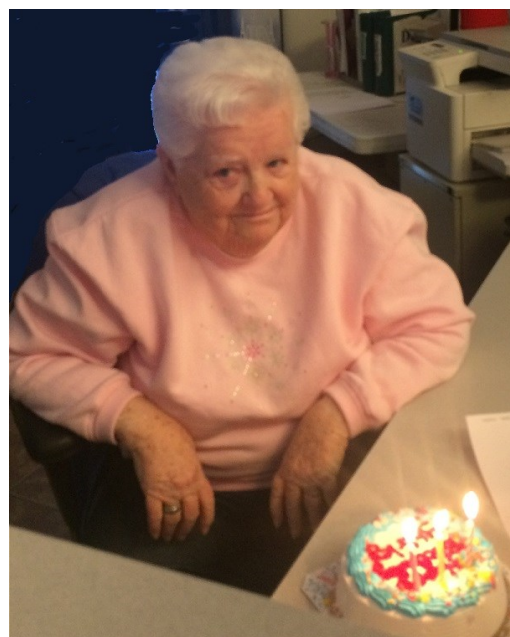


### **The First Council on Aging Board Members, March 1959.**

The photo is courtesy of Barry W. Pearson (Barry's father Wilfred Pearson is in back row, furthest to the right).  
Do you know anyone in this photo? Let us know!



**Doris Shepherd celebrates her 88th birthday while at the St. Patrick's Day dinner dance**



**Volunteer Shirley Kiernan looks on as the center staff sings "Happy Birthday."**



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Lowell, MA 01854

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**DOWNTOWN LOWELL**  
**FIRST**  
**THURSDAYS**  
**2015**

**EVENTS AND OPENINGS**  
**5 TO 9 PM**

**MAY 7**  
**JUNE 4**  
**JULY 2**  
**AUGUST 6**  
**SEPT. 3**

**DOWNTOWN LOWELL FIRST THURSDAYS**

**Your invitation to fun, art, museums and music in Lively Lowell!**

#### **ABBA HOME CARE**

Please join us on Monday May 18th at 10:30 to find out about all of the home care services we can provide you. Enjoy snacks and refreshments and hear about our staff and team members that are dedicated to providing the highest quality care possible to help you attain a healthy independent lifestyle. Come see what we can do for you! If you have any questions please contact us at 508-630-4514.

#### **Donut Hole or Gap?**

Each year thousands of seniors in Massachusetts reach a gap in their Medicare prescription drug plan that is often referred to as the "donut hole." If you reach that gap, your prescription drug costs rise dramatically! Prescription Advantage is a state-sponsored program that supplements your Medicare drug plan to fill that gap. Call today at 1-800-AGE-INF0 (1-800-243-4636) and press 2 to learn more! Or see Joan Gong on Mondays at 8:30 am (1st come, 1st served).